Pineapple Bran Muffins

- 1 cup all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon salt (optional)
- 3 tablespoons firmly packed brown sugar
- 1 egg
- 1 cup wheat bran cereal
- ⅓ cup skim milk
- ¼ cup vegetable oil
- 1 8-ounce can crushed pinea juice, not drained

Stir together flour, baking powder, salt and brown sugar. Set aside. Beat egg slightly. Add cereal, milk and oil. Stir to combine. Let stand about 2 minutes or until cereal is softened. Stir in pineapple, including juice. Add flour mixture, stirring only until combined. Portion batter evenly into 12 greased 2½-inch muffin-pan cups. Bake in 400°F oven about 25 minutes or until muffins are golden brown. Serve warm. Makes 12 muffins.

Crunchy Topp

5

¾ c
¼ c
½ c
2 ta
¼ te
¼ te

Combine
size mixi
evenly i
in